**Syllabus for Health Education at Hilltop High**

**Instructor:** Dr. Butler

**Email:** Kimberly.butler@sweetwaterschools.org

**District-Approved Textbook/Materials:** Holt Lifetime Health, Holt Sexuality and Society

**Course Description:**

Students will review and discuss health issues from all major areas for health education, which include physical, mental, and social health. Chapters from textbooks and online resources will be the base of the material covered in class. Students will be exposed to a variety of teaching techniques, activities, assignments, and tests, which will allow all students the opportunity to succeed. Students will work both individually and in small groups.

**Goals/Objectives:**

* To learn the importance of living a healthy lifestyle physically, mentally, and socially.
* To apply health education to daily lives.
* To develop and practice lifelong healthful behaviors.

**Units:**

* Identify and apply the lifestyle practices that reduce the risk of disease to live a happier, healthier, longer life.
* Summarize and analyze positive ways to manage mental and emotional health.
* Actively engage in and explain and analyze social practices that promote healthy relationships within the family, school and community.
* Describe consequences of drug, tobacco and alcohol use and abuse; explain and analyze ways to avoid dependency and codependency.
* Identify and describe parts and functions of the reproductive systems, recognize symptoms and effects of sexually transmitted diseases, evaluate the benefits of abstaining from sexual activity, and critique methods of protecting sexual health.

**Required Materials:**

Notebook and paper

Pen or Pencil

Textbook

Jupiter Grades Log In

District Email

**Suggested Materials:**

Laptop and/or smart phone

**Homework/Make –Up Policy:**

All homework is due on the assigned due date for full credit unless stated otherwise. If a student has an EXCUSED ABSENCE (cleared from the office), the student will have 3 days to make up the work. It is the responsibility of the student to get their make-up work from me.

**Make-Up Opportunities:**

In the event a student performs poorly on an assignment, the student may “re-do” the particular assignment by completing the Section Review or Chapter Test from the class textbook which corresponds with the assignment. Completion of all questions with 90% or better accuracy will earn a 10% increase in score for the assignment the student is seeking a “re-do.” There is a maximum of (3) “re-do” assignments per grading period.

**Scholarship Grades:**

Scholarship grades are derived from homework, projects, quizzes, chapter tests, and the district End of Course final exam. The EOC is 15% of the final grade for this course. It is the student’s responsibility to regularly check Jupiter Grades to monitor their progress in class. Students have (1) week to bring forth concerns and/or disputes regarding posted grades on Jupiter Grades. Concerns regarding grades posted longer than (1) week may not be discussed.

Grading Scale:

100 – 90% = A

89 – 80 % = B

79 – 70% = C

69 – 60% = D

59% and below = F

**Citizenship Grades:**

Citizenship grades are derived from attendance and behavior. In compliance with Hilltop High School attendance policy, there will be (1) letter grade lowered for each tardy and/or unexcused absence. It is the responsibility of the student to clear absences and tardies with the Hilltop High School attendance office. Each behavior incident will result in the lowering of Citizenship Grade by one grade level.

**Extra Credit:**

In an effort to provide students with extra opportunities for healthy living and points to improve grades in the class, students may attend the “Fit Club” after school workout for a 10% improvement on an assignment of the student’s choice (does not apply to the EOC assessment). Student may attend multiple Fit Club sessions and apply all of these towards one or more assignments. Fit Club meets on Wednesdays, 2:45-3:45, room 703. Come dressed ready to workout.

I have read and understand the Health Syllabus for Dr. Butler’s class.

Student’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_